



AUGUST

WELLNESS CENTER CLASSES

WWW.COLORADO.FEB.GOV

KHOVLAND@COLORADO.FEB.GOV



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 12-1 Boot Camp Outside weather permitting	2 11:35-12:40 H Yoga \$3 3-3:45 Fit Forever 5-6 Yoga w/Sue \$10	3 11:15-12:00 TRX \$17 12-12:50 Pilates \$15 6-7:15 Reserved	4 12-1 Fit Ball 5-6 Yoga w/Sue	5 11:35-12:40 Hatha Yoga	6
7	8 12-1 Boot Camp Outside weather permitting	9 11:35-12:40 H Yoga \$3 3-3:45 Fit Forever 5-6 Yoga w/ Sue \$10	10 11:15-12:00 TRX \$17 12-12:50 Pilates \$15 6-7:15 Reserved	11 12-1 Fit Ball 5-6 Yoga w/Sue \$10	12 11:35-12:40 Hatha Yoga	13
14	15 12-1 Boot Camp Outside weather permitting	16 11:35-12:40 H Yoga \$3 3-3:45 Fit Forever 5-6 Yoga w/Sue \$10	17 11:15-12:00 TRX \$17 12-12:50 Pilates \$15 6-7:15 Reserved	18 12-1 Fit Ball 5-6 Yoga w/Sue \$10	19 11:35-12:40 Hatha Yoga	20
21	22 12-1 Boot Camp Outside weather permitting	23 11:35-12:40 H Yoga \$3 3-3:45 Fit Forever 5-6 Yoga w/Sue \$10	24 11:15-12:00 TRX \$17 12-12:50 Pilates \$15 6-7:15 Reserved	25 12-1 Fit Ball 5-6 Yoga w/Sue \$10	26 11:35-12:40 Hatha Yoga	27
28	29 12-1 Boot Camp Outside weather permitting	30 11:35-12:40 H Yoga \$3 3-3:45 Fit Forever 5-6 Yoga w/Sue \$10	31 11:15-12:00 TRX \$17 12-12:50 Pilates \$15 6-7:15 Reserved			